

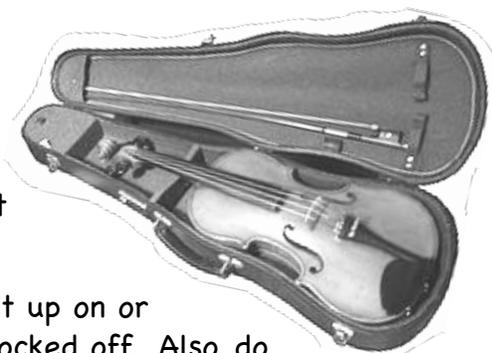
A Beginner's Guide to Orchestra

Double Bass



How To Care For Your Instrument

1. Always keep your instrument stored in its case and out of the way when you are not practicing with it, so younger children and pets can't damage it.
2. Pick up your instrument by the neck or the body. Never hold it by the pegs or the bridge, which could cause it to go out of tune or break.
3. Hold your instrument in rest position when you aren't playing to avoid dropping or bumping it. Be sure not to put pressure on the bridge while in rest position.
4. Never hang your instrument from a music stand or stand it up on or against a chair. It is too easy for it to be bumped and knocked off. Also, do not leave your instrument on the floor where someone can easily step on it or trip over it.
5. You should not turn the pegs until you are taught how, because you will risk putting your violin out of tune or breaking a string. (Strings can be replaced, though, if this happens!)
6. Extreme temperatures are harmful to string instruments! **NEVER, NEVER EVER** leave it in the car or outside for any length of time. The heat can permanently damage your instrument and cause it to go out of tune.
7. After each use, gently wipe your instrument with a soft dry cloth to prevent rosin dust from building up on your strings or varnish.



How To Care For Your Bow

1. **NEVER** touch the hair! If you do, the oils on your skin will cause the hair to become dirty and stop making sound.



2. Your bow is very easy to break. **NEVER** point with it, drop it, tap it, poke anything or anyone with it, swing it, or sword fight with it.

3. Your bow needs to be tightened before you play it (turn the screw "righty-tighty"). The middle of the bow should be about the width of the tip of your pinky finger between the stick and the hair. Make sure the stick still curves in toward the hair in the middle. If the stick becomes straight, or worse, bends outward (like a bow and arrow), you have tightened it too far!

4. Rosin is needed to make the bow hair sticky so it can make the violin strings vibrate. Apply rosin from frog to tip (approximately 6 swipes) for every 2-3 hours you have practiced.
5. Always loosen your bow (turn the screw "lefty-loosey") when you are finished playing so the hair doesn't stretch out and the stick doesn't warp. (If the hairs start to separate, you've loosened it a little too far.)

How to Practice

Learning to play a string instrument is not something you can do in just two classes each week. You will need to practice regularly at home, too! It takes time and repetition to train your mind and muscles to play a musical instrument. Here are some tips to help you make the most of your home practice time.



1. When: Pick a time of day when you are most likely to be energized and able to focus. If you are unable to concentrate during your practice time, you are likely to make and reinforce mistakes. Be consistent and practice at the same time 5 or 6 days a week.

2. Where: Find a quiet room where you won't be disturbed. Turn off distractions like the TV or your iPod.

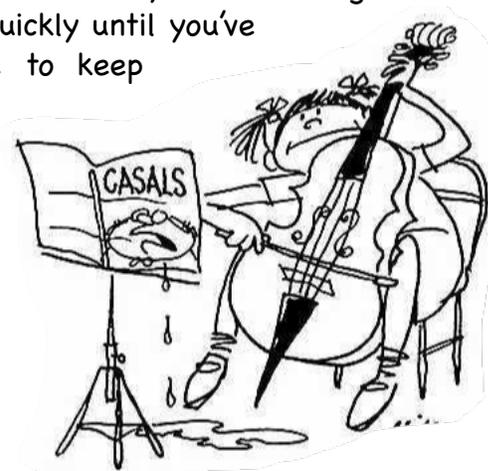
3. How Long: How you practice and how much you accomplish is more important than how much time you spend practicing. That said, assuming you are concentrating and practicing carefully, you should aim to practice at least 15 minutes per day.

4. Posture: How you hold your instrument and how you stand (or sit) while playing is the most important element of practicing. Proper posture will help you to play more easily and accurately, produce a better tone, and prevent playing-related injury. (Spend at least half of your practice time standing, preferably more.)

4. Focus on small chunks at a time. Carefully repeat a single technique, note, or measure several times before moving on to the next. Don't try to do too much at a time - only as much as you are able to completely focus on!

5. Tempo: Practice SLOWLY! Take your time and make sure you are doing everything the right way. Don't try to play anything quickly until you've mastered it at a slower tempo. Set a metronome to keep yourself steady!

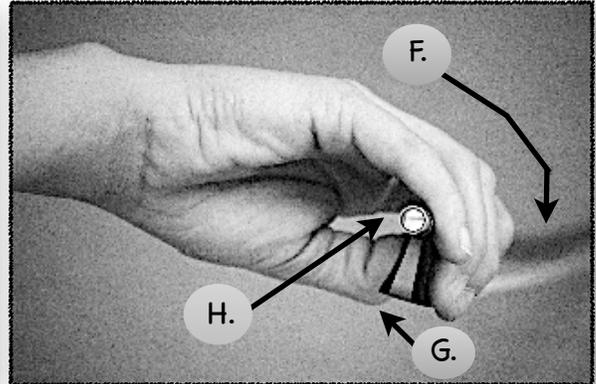
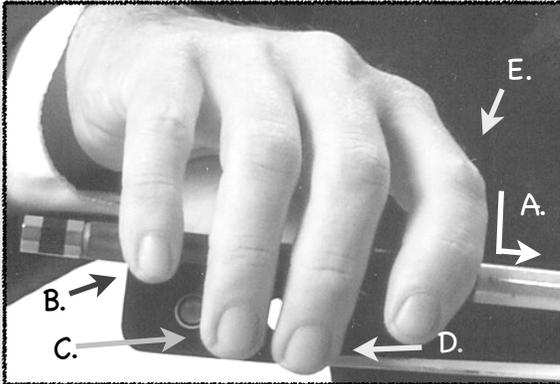
** If you don't have your own metronome, don't worry, there's one on the FYO website: <http://flagleryouthorchestra.org/your-metronome> or a simpler version at <http://a.bestmetronome.com/>. There are also several free metronomes apps out there for smartphone or iPod.



Guide to Good Posture

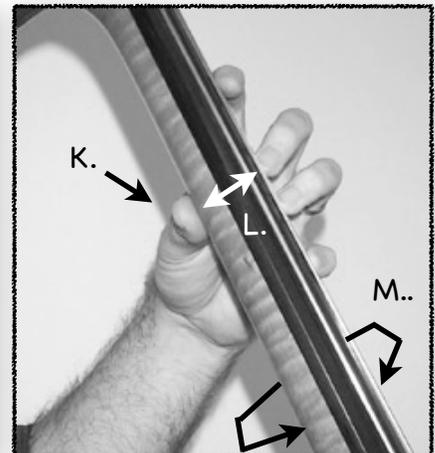
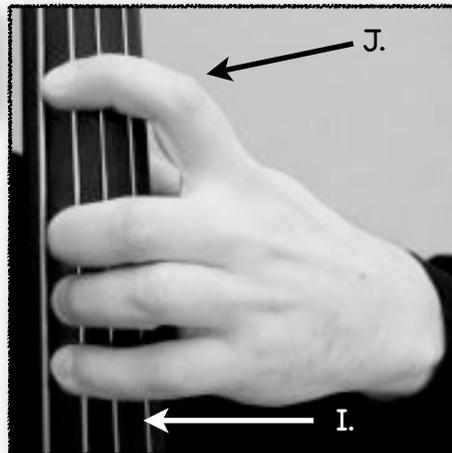
Double Bass

BOW HOLD



- A. Fingers are placed relatively square to the bow stick.
- B. Pinky drapes over the end of the frog near the first knuckle with a small amount of space between it and ring finger.
- C. Ring finger is curved over the stick at the first knuckle and “hugs” the frog
- D. Middle finger curves over stick at first knuckle like ring finger, but “hugs” closer to metal clip.
- E. Index wraps around stick and bow grip at first knuckle with a small amount of space from the middle finger.
- F. All fingers are curved. No fingers stick out.
- G. Thumb is bent and placed on the stick, just beside the “mouth” of the frog.
- H. Hand is relaxed and there should be space between the thumb and palm.

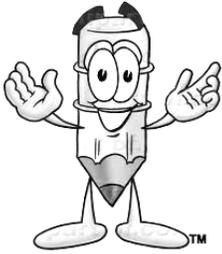
LEFT HAND



- I. Left hand and fingers are relatively square to the neck of the bass.
- J. All fingers are curved, but not too tightly.
- K. Thumb is curved and placed on back of neck slight to left side.
- L. Thumb and middle (second) finger should line up.
- M. Left hand should resemble a C-shape, as though holding a cup of water.

A Good Orchestra Student Always...

1. Arrives to class a few minutes early, ready to go!
2. Takes care of possible distractions like thirst, hunger, and bathroom breaks before getting to class.
3. Remembers to bring their instrument, bow, shoulder rest, and music to class!
4. Keeps their music organized in a folder, so it doesn't get mangled and can be found quickly during class.
5. Brings a pencil to class, so they can take notes and mark their music.
6. PRACTICES their music REGULARLY at home!
7. Pays close attention to the teacher, so they know what and how to practice at home.



For A Concert, You Should...

1. Arrive on time or early, never late!
2. Be sure to bring your instrument, shoulder rest, rosin, and music.
3. Dress appropriately:
 - Girls: Black or white blouse (dressy and modest) AND a long black skirt (below the knees) or black pants; OR a modest long black dress (also below the knees).
 - Boys: White collared shirt, black dress pants, black dress shoes (no athletic shoes, sandals, etc.) and black socks.
4. Show respect performers and audience and they will hopefully do the same for you!
 - Quietly stay seated and pay attention while performers are on stage. (Moving around and talking can distract performers from their playing and prevent fellow audience members from seeing and hearing the performance.)
 - Show your appreciation for performances by clapping when they end, but please save screaming and cheering for sporting events, not orchestra concerts. As musicians we don't want to hurt our ears and voices!

